

10-55

News of the Blues

10-55

October

NEWS OF THE BLUES
October
Jacksonville, Fla

Editor - - - - - Julia White
Assoc. Editor - - - Dorothy Rivers
Printing - - - - - Jimmy Williams

\$ \$ \$ \$ \$ \$ \$

MINUTES OF EMPLOYEES' CLUB MEETING

Meeting was called to order by President, Dave Mancini, September 9, 1955.

The minutes of the Aug. meeting were approved and accepted as published in the News of the Blues.

Treasurer's report was given by Mrs. Graham, and as of 9-9-55 balance on hand was \$650.65.

Old Business: Ceramics has had two meetings everyone that is in the Ceramics enjoys it very much.

Flash! On October 22nd we are going to have an informal dance at the Mayflower Roof Garden. If you want to bring friends it will cost \$1.50 per couple.

The nominating committee for new Club Officers are: Val Pierce, Charlie Webb and Angie Combs.

The new employees welcomed were:
Evelyn M. Sweet Catherine J. Felton
Theresa Larsen William Perry Darby

New Business: Mr. Schroder gave a talk about the parking lot, and also talked about the Christmas Party which is going to be December 17th.

Suggestions for the month of June were: ---

1st Prize - Sonya Williams - Miami Office

2nd Prize - Margaret Jones

3rd Prize - Martha Reed

Service Pins: Juanita Prim, John L. Bently, Ruth Allen, Norma Harshbarger, Marion Watkins.

Mr. Bolen - gave a talk on how wonderful the News of the Blues is - I think we would all like to thank Mrs. White and her staff for putting out such a wonderful paper for us.

There being no further business, the meeting was adjourned.

Respectfully submitted,
Mary Jane Milliron
Secretary



UNITED COMMUNITY CAMPAIGNS

Give...the United way

GIVE THE UNITED WAY

Where youth is served, where children are protected, where the ill and the troubled are given help and understanding. . . . in that community everyone leads a healthier, happier LIFE.

We help provide these values for our town when we contribute to our Community Chest.

"Give The United Way" 42 agencies are benefited by our gifts.

\$ \$ \$ \$ \$ \$ \$

Our cover this month was drawn by Glenn Tyler. Glenn belongs to the U. S. Navy and is stationed on the U.S.S. Ticonderoga.

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Jim Dunaway	Jo Ann Raulerson
Earl Owens	Rachel B. Holcombe
Ruth E. Mullis	Connie Coniaris
Lowell Evans	Mildred W. Houser
Sally Hunter	

For the month of July: Only one prize to Mable Fleming.



SPARKY SAYS:

Oddly enough, the shortest sermon is preached by a traffic sign: "Keep Right".

CREDIT UNION FINANCIAL STATEMENT as of AUGUST 31

	To Date	Same Date	ar
<u>ASSETS</u>			
Loans Outstanding	\$15,444.32	\$5,079.57	
Petty Cash Fund	10.00	15.00	
Documentary Stamps	9.70	4.50	
Cash in Bank	4,101.43	2,624.22	
TOTAL	\$19,565.45	\$7,723.29	
<u>LIABILITIES:</u>			
Shares	\$18,582.26	\$7,614.90	
Entrance Fees	8.25	35.00	
Guaranty Fund	101.98	-----	
Undivided Earnings	149.75	-----	
Profits	723.21	73.39	
TOTAL	\$19,565.45	\$7,723.29	

* * * * *

Dear Credit Union Members:

Most of us are through with the task of getting our children ready for the new school year. It is always a very big job. We sometimes wonder where will all the money needed come from. There are clothes to buy, books to buy and numerous other things that often put a big strain on the family budget.

If you are a Credit Union Member this should not be a problem. Get the money you need and pay it back in small amounts during the year. This way you can get all the things right away and you won't have to put anything off until a later date. We all hate to put things off and this won't have to bother you at all if you let your Credit Union help you.

Remember to always put aside a little for that rainy day by saving with your Credit Union.

"JOE CREDIT UNION"

* * * * *

Do You need cash? The wolf at the door?
 Bills piling up and your wife getting sore?
 Just had a baby? Car had a crash?
 Things getting rough and you gotta have cash?
 Don't go on a binge or blow off your head,
 Or drink milk flavored with arsenic of lead -
 We've got the answer to cure all your ills -
 A Credit Union loan will pay all those bills.
 Your dream was to have a vacation in Rome,
 But instead, was spent just sitting at home?
 From each check you tucked a few dollars away
 But it was gone when you looked the next day?

Next year you plan on buying a Lincoln -
 Well, Friend, it's time for you to start
 thinkin'.
 You better start saving right away --
 So see your Credit Union man today.
 No matter what your problem may be -
 The Credit Union's the one to see.
 They'll help you save and loan you money,
 To turn those dark rainy days to sunny.



BETTY KING

§ § § § § §

It is nice to hear that Ina DeVane is recuperating from an operation and is expected to return to Blue Cross-Blue Shield soon.

§ § § § § §

SELF—Interest—

How to be Miserable . . . Think about yourself. Talk about yourself. Use "I" as much as possible. Mirror yourself continually in the opinion of others. Listen greedily to what people say about you. Expect to be appreciated. Be on the lookout for a good time for yourself. Shirk your duties if you can. Do as little as possible for others. Love yourself supremely. Be selfish. This recipe is guaranteed to be infallible one hundred per cent.

—Friendly Chat.



On the wall there is a clock,
Minute-man for our little flock
And first in line, on the mark
Is LILLIE BELLE, ready to dart.

NOT SO DUMB

Men may criticize women all they want, comments a local woman, but you don't see a woman (1) waste \$2.00 worth of shotgun shells to get a 50c rabbit; (2) buy a \$1.00 meal and give the waiter a 50c tip because he smiled at her; (3) burn 2 gallons of gas and spend \$25.00 to hire a boat to go where there aren't any fish.



Seated, left to right, Mattie Godwin, Records... Betty Collins, Administrative Assistant Internal...
Standing, left to right, Dave Mancini, Public Relations... Davis Brown, IBM... N.G. Johnson, Claims Consultant... J. W. Herbert, Assistant Director.

MONTHLY STAFF MEETINGS DEPARTMENT MANAGERS AND SUPERVISORS

To keep abreast of the changing needs of our rapidly growing Plan, the department Managers and Supervisors hold staff meetings regularly once a month -- the meetings being held on concurrent days.

Such matters as contemplated changes in procedures; review of internal policies on such topics as vacations, sick leave, indoctrination programs, etc., are discussed at both group meetings and the opinions and suggestions are coordinated by appointed committees. In this way management believes that we will keep internal policies of the Plan in turn with its expansion.

These meetings give department Managers and Supervisors an excellent opportunity to get together with top management for an exchange of ideas. Management learns of the immediate activity within the various departments and Managers and Supervisors in turn, learn something of the developments and problems that top management faces in the expanding program of Blue Cross-Blue Shield protection for more and more people.

SUPERVISORS



Seated left to right, Geraldine Greene, Hospital Billing - Marilyn Camilli, Hospital Adm. -
 Marion Fisher, Enrollment - Sylvia Praust, Claims Review -
 Standing, left to right, Gay Hallman Transfer - Valura Pierce, Group Billing - Martha
 Harvey, Contracts - Hazel Zangs, Conversion - Dorothy Rivers, Audograph - Helen Pollock,
 IBM - (Glenna Ramsey, Supervisor, Non-
 Group - not in picture)

John Brothers of the Miami Office Does Some Skin Diving

Our reporter from the Miami office tells us John Brothers speared a rock lobster in his 'snorkling' and sends along a picture to prove it. She says, "John is the one with the mask on, in case it needs clarification."

Some of John's genial and steadfast friends in Miami got worried about his qualifications for skin diving, so they rushed a list of some of the health hazards to News of the Blues, to acquaint John with the facts.



JOHN BROTHERS

SKIN DIVING HEALTH HAZARDS LISTED

CHICAGO--A medical consultant for a west coast school for deep sea divers today outlined some health hazards faced by more than 250,000 Americans who have taken up the sport.

FIELD PERSON OF THE MONTH

The Miami Office of Blue Cross is proud to present as FIELD PERSON OF THE MONTH Mrs. Joyce Harvey.

Joyce is one of that rare species, a "Native Floridian". She was born in Sarasota. This probably had something to do with the fact that early in her life she spent an exciting six month traveling with The Ringling Brothers Circus, was married while up north, and had little Richard. Two years ago she returned to make her home in Miami, at which time she also joined the Blue Cross Miami Office Staff.

Joyce is a quick and tidy worker -- quite a contrast to one or two of us here in the Miami office who seem to work in the midst of the most heaping confusion.



Her chief ambition is to put some weight on. To this end, she gobbles up huge amounts of food and sweet-stuff -- and NOT ONE OUNCE SHOWS! Of course, this is most discouraging to the rest of us, who only have to take one small sniff of something sweet to make us bulge all over! But she's grand to have around, and we love her just the same.

Our congratulations to Joyce Harvey, FIELD PERSON OF THE MONTH.

HANDY LITTLE GADGET

A little old lady in Green Bay, Wis., startled the accounts receivable clerk at the electric company's office when she asked to have a meter jumper installed at her house.

"A meter jumper? What do you know about meter jumpers?" queried the clerk, who knew well enough what the illegal meter jumper was—a device which allows the electric current to bypass the meter box.

"Well I know they must be a wonderful invention," the woman replied timidly. "My neighbor has one and he says it cuts his electric bill down to almost nothing."

—Wall Street Journal.

There is a loftier ambition than merely to stand high in the world. It is to stoop down and lift mankind a little higher.

—HENRY VAN DYKE



"I distinctly hear a frog croaking!"

BY-LINES FROM THE BY-WAYS

By Beverly Hornsby

Last month we mentioned to you that Marion Fisher and husband, Bob were vacationing in Pennsylvania. Marion has given us a very interesting account of their activities, and we would like to pass them along to you now. Marion.....

This is a story of two babes lost in their own home town. Unbelievable, but that's what happened to us when we drove back to Pittsburgh, Pennsylvania this summer. Since we left, the Turnpike had been extended to the Ohio Line so when we blithely passed Monroeville exit, because that didn't mean anything to us, we ended up 'way north of Pittsburgh and had to go back down south through the north end of Pittsburgh and right through the middle to get to the south side. There were so many new buildings, some built right in the middle of what used to be a street, but a new street running around the side. Huge expressways or "Park-ways" with clover leafs where you go round and round until you're sure when you get up on the boulevard that you're going back the same way you came. So this is our warning to you, when the Jacksonville Expressway gets finished, unless you have watched the construction closely, get yourself a road map or you'll find yourself in the same situation.

It really was amazing to see how a city that was facing a crises as to its continued high level of population and commerce, was able to meet the problem and overcome it. The heavy dense smoke from soft coal used in homes and mills was forcing people away, business was feeling the loss of young executives and their families who refused to locate there. Then the smoke control program was started where either special attachments were added to furnaces or hard coal used. Then a general face cleaning of many of the large building started and as Pittsburgh took on a "new look" new industries and buildings started.

It was a thrill to visit the new Airport which is the most modern in the world and one of the largest. The Terminal building contains a 70-room hotel, many shops including three restaurants, drug store, theater, cocktail lounge and a huge observation deck. It was built at the cost of thirty-three million dollars.

Because the downtown section of Pittsburgh is quite congested, being hemmed in within a triangle caused by the meeting of three rivers, it has been necessary to build many modern parking garages, four and five stories high. One of the most outstanding, though, is built underground, right in the heart of the downtown section. There are entrances at street level with the street level walls made of marble and steps leading up to a park the size of a city block, with trees and shrubbery and a graduated waterfall, all on top of this garage.

Pittsburgh, as you may know, is built on, between, and around steep hills. Just like any tourist we stopped at one observation post on the top of one of these hills, overlooking the entire downtown section and the joining of the three rivers, and far beyond. There are several inclines that go almost straight up. These are like mountain railways, little closed-in trolley cars that are operated on pulleys.

The second week we visited relatives in Ohio and cut down through West Virginia to visit others. Whew,.....mountains and more mountains, with little towns miles below.

(Continued on page 11)

(Marion Fisher's vacation continued from page 10)

On the way up we traveled just to the west and one day behind of the hurricane so the only effect we felt was the cooling off in the weather from the rains. The day before we arrived in Pittsburgh they had had a deluge all day long but had not been flooded. We really had beautiful weather both ways until we hit the Georgia-Florida line coming home and then we had the hardest rain during the whole time. Anyone coming here for the first time would have said... "and this is sunny Florida?"

It was a wonderful trip, seeing all our folks again, but it was good to get back home again, back to the work at home and office, and we both agreed there is no place like Julington Creek where you have space to stretch in, good air to breathe, a wide expanse of sky, and good friends and neighbors. More than ever we acknowledge that Jacksonville is our home town now and we are proud and happy to be a part of its growth and life.

---MARION FISHER

* * * * *

As always, our reporter in Miami, Miriam Simms, has sent us some news about the folks down her way. Miriam, let's see what you have to say.....

Had some excitement at our house the other night. Unbeknownst to us we "entertained" some unwanted guests -- burglars! Slashed some screens and came in and helped themselves -- or himself -- to all the money in my purse! Nothing else was touched, and nothing else seems to be missing -- just the cash. Fortunately, we have damage insurance, so the slashed screens are paid for but how can we replace lost cash? Of course, it wasn't much - about \$17.50 -- but that's more than anyone likes to lose when we work as hard for our money as we do! However, I suppose we're lucky it was no worse -- and since good comes from evil (as it so often will if we stop to think about it) we did get new screens that we needed very badly. No pussoons disappeared, and we're so glad about that. The peculiar thing is, tho, that we have several cats that are real watchdogs, but I'd caged a bunch of them that night to save myself some time in the morning, and they were the very ones who'd have raised a rumpus if they'd been loose. Guess that'll l'arn me!

Li'l Frannie wants some advice on a problem. She dashed into the office a bit late the other morning. "Please help me," she begged. "What do you do with children who, when you think they're all ready to leave for school, and go into their room to usher them out to the car, are quietly and busily concentrating on playing CARDS! And STILL IN THEIR PAJAMAS!" Well, what DO you do???

We're all so proud of our Sonya winning a first prize for a suggestion! Gosh! But we always knew she'd do it some day! (Ed. Note: We want to take this opportunity to congratulate Sonya too, for winning first prize in June for her suggestion. Come on, let's have more suggestions from the field!)

That's all for now.

--MIRIAM SIMMS

Thank you, Miriam. Now, it is our pleasure to introduce to you Henry Holley, new representative in the Panama City Office. Henry, tell us all about yourself.....

I am a native Floridian, Quincy being my home town. I attended schools in Quincy, after which I had a four year tour of the Pacific with the Navy. Upon completion of military service, I entered Florida State University and Graduated this past August. I came directly to Blue Cross from FSU.

I am married and we have three little Holleys -- Susan (4), Dee (2-1/2) and Stephen (11 months).

I have thoroughly enjoyed my work with Blue Cross since joining the company and would like to take this opportunity to thank Mel Snead, our Area Manager, for his wonderful help in getting me started in the right direction.



--HENRY HOLLEY

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BIRTHDAY GREETINGS

Lorraine Tovey	10-1	IBM
Hazel Zangs	10-2	Sub. Serv.
Alma Sams	10-3	IBM
Jean Gibson	10-4	Records
Geraldine Greene	10-5	Claims
Estelle Ahern	10-8	Sub. Serv.
James McKelvey, Jr.	10-8	Prof. Rel.
Dorothy Rivers	10-8	Audograph
Louise Thrift	10-10	Claims
Marion Watkins	10-11	Records
Helen Pollock	10-13	IBM
Jo Ann Verlanic	10-14	Cashiers
Mabel Fleming	10-16	Sub. Serv.
Donald W. Huguenot	10-17	Miami Rep.
Gertrude DuBose	10-20	Cashiers
Laurine Steger	10-22	Sub. Serv.
Victoria Robinson	10-25	Snack Bar
Edna Burnett	10-29	Claims
June Denson	10-29	Gainesville Off.
Charles Meyer	10-30	Comptroller
Patricia Redding	10-30	Sub. Serv.

ANNIVERSARIES

NINE YEARS

Mary Lee Butler	Claims
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FIVE YEARS

Marion J. Fisher	Enrollment
Mattie Godwin	Records
Sylvia Praust	Claims

FOUR YEARS

Hazel Zangs	Sub. Service
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THREE YEARS

Ann Corlew	Records
Melba Mahle	Records
Elaine Oyler	Claims
Mamie Lee Sowell	Panama City Off.

TWO YEARS

Dorothy Gooch	Claims
Constance Goodwin	Sub. Service
P. C. Smith, Jr.	Mr. Herbert's Off.
Joe Stansell	Prof. Relations

ONE YEAR

Katherine Arabia	IBM
Louise Thrift	Claims
Carolyn Young	Sub. Service

"Keep your mouth shut, don't worry and work eight hours a day. Then some day you may be the boss and you can talk all you want, worry all the time and work twelve hours a day."

—Old motto quoted by Dr. John F. Gummere, chairman of the National Secondary Education Board.

DEPARTMENTAL NEWS

SUBSCRIBERS SERVICE DEPARTMENT

Billing

We have two new faces around our section and although you met them at the last club meeting, we would like you to know them better.

Evelyn Sweet is just as nice as her name would indicate. She is a Florida resident of several years and has one little girl - age 5 - named Lonni Kae.

Ruth Mullis, who formerly lived in N. C., has been in Florida for a year now. She has one girl also - age 10 - whose name is Suzanne.

Our deepest sympathy goes to Estelle Ahern, who recently lost her father.

Mary Elizabeth has company from good ole Alabama. Her mother and father are visiting and we know she is enjoying their company pretty much. In case you hadn't heard - she just lost a terrific law suit with a fast talking phony from Sub. Service.

Thursday, the 15th, might have been a usual day in other places, but in Billing - it was a time when sex appeal ran high. Val arrived dressed to the gills and with a hair-do that caught everybody's eye. No kidding, Val, it really does look nice.

Mary Ann has a dog with a dirty name - but clean teeth. She brushes his teeth with tooth paste faithfully every day (or so we hear). You'll have to ask her his name - we don't print such.

Connie is quite elated since Monty passed his test for the County Patrol. Guess you know, Connie, we're all expecting special favors on the highways after this.

When I went to see if Ellie had any news - all I got was a crunch of food. Oh well, we can understand your increasing hunger and don't mind too much.

Betty Burns didn't add much to the news this month either. Seems that there's always something going on at her desk but she never has anything to add to the print - we wonder why.

--JOH GAINNEY

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It is a special pleasure to walk through the lobby and enjoy the two new Diffenbachia Plants, on either side of the entrance.



Fire can't start if it hasn't got a place to start. That's the reasoning behind the poster and slogan for Fire Prevention Week, proclaimed by President Eisenhower for Oct. 9-15. Children under five are fire's main victims. Their best protection is constant observance of fire safety by everybody, says the National Fire Protection Association.

Sad fact of life: square meals make round people. — *Indiana Telephone News*, hm, Indiana Bell Telephone Co.

NOTES FROM THE MAIL ROOM

We wish to welcome Kenneth Jones to our dept. and hope he enjoys working with us.

Another first for Adele Graham, last month her first airplane ride, now her first speech at the Supervisor's meeting.

Julia White has her son, who is in the U.S. Navy, home on leave. She is very happy to have him home, he will leave Nov. 4, for a Mediterranean cruise of seven months.

Emily Tillman got her two teen age youngsters back to school, now mother can have a vacation.

Arlene Michael Mikell says she had a nice vacation, but will not tell us more, hard to get information from her.

Phyllis Joslin has started to collect cats now that she has to stay home evenings with Johnny up in New York. Time will pass fast, gal, so don't weaken.

Too bad Tommy Martin will have to wait until Feb. to go to the University of Florida, but it is a break for B.C. to have him five more months. Also a break for the girls around here.

Boy, what a lunch "Big John" packs for himself. It must keep his mother broke trying to buy groceries for her loving son.

Robert Jackson is back from his vacation and says he enjoyed every minute of it, that's what vacations are for.

Mr. Bolen will have to find a school to learn "Parakeet talk" as my little bird, 'no want to speak english'. Anyone knowing of such a school, please advise.

Well, that's it for this month, hope to have some real news next month.

--E. J. BOLEN

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BILLING DEPARTMENT BLUES

The morning was one unusually bright,
The sun was smiling its usual light,
I arrived at work humming a tune -
Not knowing what would be happening soon.

"Good morning, Connie," I said. "how are you?"
"Mind your own business", she said, rather blue.
I recovered the shock and turned to Miss Bell -
Before I could speak she said "Go to *-----."

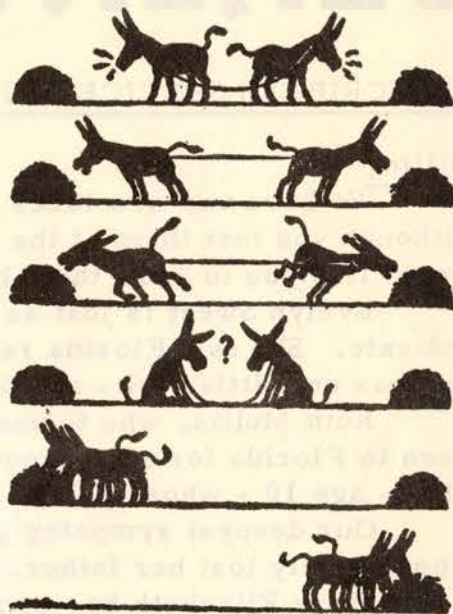
In Betty Burn's desk I started to peek
But she pushed me aside saying "come back
next week."

Ruth just sat silent and pitifully groaning,
From Evelyn came sounds of painful moaning.

I asked Ellie's advice on a problem I had
But she snapped til I thought she had really gone mad.
I turned to Estelle, thinking surely here
I'll find an answer to this thing clear -

But she yelled, "Will you get out of
the way
And don't come back at all today."
I started to turn around and go -
But thought, surely Val Will know.

I walked to her desk- she looked
rather sick.
I started to run away from there quick.
But she said "Don't bother me, I've
got enough ills -
Don't you know that today we're
running the bills."



NOTES FROM IBM

Buddy Raines - young son of Lois Raines, who recently was struck by polio is getting along nicely at Hope Haven Hospital. We're all pulling for you Buddy that you'll soon be back home again.

Alma Sams just returned from a nice two weeks vacation in Chicago and points north.

We all miss Lottie Ashton, who is taking a week's vacation - just staying home and taking life easy.

Lou Ann Woods is all dewey eyed with her big beautiful diamond - third finger - left hand. Congratulations from all of us to you and Sam.

Jim Lawrence has just said good-bye to his current heart throb, who left for school in New Orleans. Already he is scouting around. Any interested call IBM, Ext 67.

June Vollmer is nervously awaiting to the homecoming of her husband, Wayne, who has been overseas since the first of the year. If we can just hold out for two more weeks - he'll be here. IBM is excited too.

Dick Pollock is back at school and football again. Everyday Helen rushes home to see which muscle has been hurt today.

Now that fall is here and school is open again, Dave Brown is quite busy teaching IBM on his nights off.

Nuff said.

--LOUISE PERKINSON

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PERSON OF THE MONTH - Bill Willis

The person of the month this month really deserves the title. He was born at Williston, Florida and lived there for five years. After attending the first year of school in High Springs, Fla., he went to Brentwood School four years, then Kirby Smith two years, and three years at Andrew Jackson High School.

He belongs to the Air National Guard and has attended drill for the past two yrs.

He likes all kinds of sports, most of all if it's spelled "B-A-L-L".

He works well with his fellow employees and has a key position in the Printing Dept. This bright intelligent young fellow is the one and only William H. Willis, better known to us as 'Bill'.



"Is this seat taken?"

VACATIONS

Mildred Braddock reports an enjoyable vacation - she visited Lookout Mountain in Chattanooga, Tenn., Atlanta, Columbus, and other points in Georgia, traveling 1300 miles on the trip.

Nell Carr, Accounting, husband and two children vacationed in Aiken, South Carolina and Lyons, Ga., visiting with relatives.

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RECORDS

Welcome to our dept., Jean Felton. We hope your stay here will be a long and pleasant one.

Even as our hearts are made glad to welcome a new member into our dept. they are also made sad to lose a good co-worker and a wonderful friend, Peggy McCol skey. It won't be the same without you, Peggy, but we will be thinking about you as you busy yourself with the career of a fulltime wife and mother.

Beulah spent the Labor Day week-end resting and baking. She baked a beautiful cocoanut cake for her husband. Even more recently she baked a chocolate cake. I can personally vouch for that one. It was delicious.

Mrs. Godwin visited friends at Vero Beach over the Labor Day week-end. She reports a nice visit and an enjoyable time at the beach. Perhaps as you glanced through the Journal several weeks ago you saw our Supervisor's picture as she was painting scenery for the Little Theatre opening Play. She works on the make-up committee of the Little Theatre and helps build the sets for each play.

Lydia's got the giggles again. Someone scratched her new Plymouth and it must have a new Paint job.

Margie went to Chatahoochee over the Holidays. We don't know yet why they let her come home. (Just kidding - of course!)

Joan is the proud owner of a cute little German Shepperd. She hasn't named him yet so if you have any suggestions she would appreciate them.

Louise has become a seamstress. She was seen sewing my dress in the lounge the other morning.

Jean is very excited because her Mom and Dad are coming down soon for a three week visit.

Mrs. Godwin has been seen in the by-ways practicing her dring before she applies for a driver's license. Could it be she's going to buy a new car soon?

Well, with this warning we sign off till we see you next time in News of the Blues.

--ROSEMARY EDENFIELD

HOSPITAL CLAIMS

News time again, and we've had so many nice vacations. Guess they're almost over now tho.

As this goes to press we wish to express sympathy to Norma Harshbarger on the death of her grandfather.

Jerry Green and son David spent an enjoyable week with friends and relatives in Atlanta, and if any of you ladies don't know how to change a flat tire in the rain ----just ask Jerry.

We have another Supervisor in our Dept., we got so big we had to 'split up'. Jerry is Supervisor of Billing Dept. and Marilyn Camilli is Supervisor of the Approval Dept. Welcome Marilyn, we're glad to have you as our new Supervisor.

Carol Ray, who has been with us almost five years has resigned to go into business with her husband. We sure miss her, but wish them all the luck in the world.

Aline Collins went to Poplar Bluff, Mo. on her vacation, spent a week with her relatives and enjoyed every minute of it.

Elva Batten took a lovely week-end trip to Bradenton, Florida to attend the wedding of her nephew, made a nice long sight seeing trip of it and didn't want to even come home.

We have so many real nice new girls in our department, we won't go into details, but there is so much nice to say about all of them, just ask us. We are real glad to have them, hope they enjoy being with us, and you will meet them at the next Club Meeting.

We are having some new hair styles in our department, colors range from grey to blonde and are wondering who will come up with what next.

Pearl McNair hasn't been fishing for a long time, so no fish stories from her.

Louise Thrift is now working teletype and enjoys it very much even tho it really keeps her hopping.

(Continued on page 17)

HOSPITAL CLAIMS (Continued)

Judy Shipman has taken over Western Union machines since Juanita left us to be married (we hear Juanita is heading for Hawaii soon, lucky girl)

We're growing so fast in our dept. that you all needn't be surprised to find our desks 'double deck' some morning.

Mildred Orange, better known to us as "Little Mo" took a fast week-end trip to Petersburg, Va.

I, too, took a vacation, combined a business and pleasure trip, drove with relatives to Shelby, Michigan, spent some time with a sister, took my daughter, who spent the summer in Michigan, to Detroit, went over into Canada then back to Mich., and home, sure enjoyed it.

----DOT PAGE

\$ \$ \$ \$ \$ \$ \$

PRINT SHOP NEWS

John L. Bently is supplying the Print Shop with music. The song, "I'm Gonna Be a Daddy Now", which incidently is the first for the Print Shop.

Murle Wester couldn't stand it any longer so he brought his girl to Jacksonville, where she became a new employee of Blue Cross.

Paul Kirby is out of action for a while with a broken collar bone, which he got in a football game.

By the time this issue hits the news stands, Jimmy Williams will have finished firing in the Telefair Trophy Match, at Camp Blanding. He will be firing a 30 caliber M1 for the 124th Infantry 48th Division, of the Florida National Guard.

Bill Willis has bought a new Bel-Air which he says is going to last a long time, at least two years.

\$ \$ \$ \$ \$ \$ \$

The coffee-break is the pause that refreshes. — *American Eagle*, hm, American Forest Products Co.

C. O. LANGSTON Passes
Five Year Mark ----- With Blue Cross-
Blue Shield.

C. O. Langston came to BC-BS on September 22, 1950. He is Manager of the Services Department and Purchasing Agent.

IT'S A FACT - WE EAT TOO MUCH!

Dr. Walter C. Alvarez, for 25 years consultant at Mayo Clinic, writes: Every stout man or woman keeps scanning the scientific horizon for some new and painless method of taking off fat without dieting. Fat persons will walk miles, take pills, get rubbed, massaged, bathed, steamed and psychoanalyzed; they will do anything but cut down on their eating. How good food tastes, especially fattening foods which shouldn't be eaten! How heartbreaking it is to fight, day after day and year after year, to keep from eating too much!

But there is only one sensible way to reduce. The stout person who would stay well and live long might as well make up his mind now and go on a sensible, scientifically designed diet, one on which he can live safely and fairly comfortably, for the rest of his days. How silly to fool with an 18-day diet or some other freak prescription, or try to reduce with a drug which, in order to work, must do the patient some harm! A man is a fool to go through the misery of reducing, only to gain the weight right back again.

The only logical way to reduce weight is to reduce the intake of food, as Dr. Frank H. Krusen, Mayo Clinic expert on physiotherapy, said recently. Asked about hot baths, Dr. Krusen said that 370 such baths might take off a pound of fat. Asked, "How about massage? Why not rub off the humps and rolls here and there?" the great authority on massage said, "No, it can't be done." As for exercise, one would have to spend much of a day walking to lose a pound. And a man would get so hungry he'd probably eat too much for supper and gain the weight all back!

—*The Register and
Tribune Syndicate*



Noon Hour at Blue Cross

Noon hour is not only a time for lunch, but it's time for people to relax,
to talk with old friends, and to meet new ones.

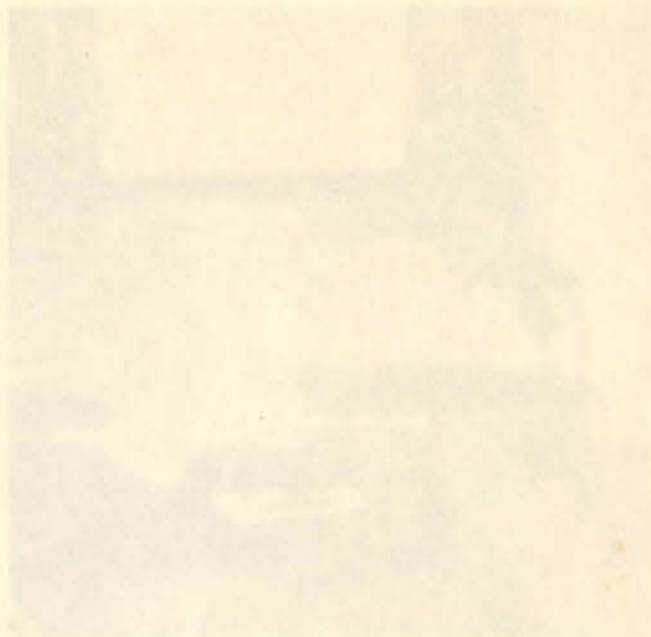




In the Employee's Lounge

The camera caught these people as they relaxed in the ladies lounge.
Some even snatch a short nap, others catch up on their reading.





for the Emphatic's Lounge

The camera caught these people as they relaxed in the indoor lounge.
Some even catch a short nap, others catch up on their reading.

